

The Illinois Acupuncturist

Newsletter for the Illinois Association of Acupuncture & Oriental Medicine Winter 2007



Letter from the President

To all my colleagues and future colleagues...

First, I would like to thank you all for helping make this past year a good and successful one. We have increased our membership, improved our relationship with both schools, and hosted a successful dinner party for the community. We presented several well-received classes including: Matt Callison's Vertebral Fixation, Gary Ditson's Auriculotherapy, Jeanie Lee Bussell's Acupuncture and Assisted Reproduction, and Manu Saxena's Introduction to Meridian Therapy. This year, we are bringing Giovanni Maciocia to the Midwest for the first time ever; and we will continue to offer high-quality CEU's. We have protected our licensure and are poised to help protect it this year. But this year the challenges will be greater.

Our practice act will expire at the end of '07. This is the time that other professions can (and will) try to get themselves included in the language of the bill; authorizing them to perform acupuncture with little or no training. The good name of Acupuncture has been damaged by practitioners of other professions performing it without proper training and with poor results for the patient. The ILAaom stands committed to the belief that only people with our level of training should be allowed to perform acupuncture.

MD's and Chiropractors are allowed to do it in this state and probably always will; but we do not want any other disciplines adding acupuncture to their scope of practice without the same training that we all have. It is dangerous to the patient and damaging to our profession. The renewing of the bill is an opportunity for them; so we need to educate lawmakers about the need for strict standards regarding the practice of acupuncture. This will take time and money; and there is a lot at stake.

Over this year I have had an opportunity to speak with several of our members. Many of you have asked how you can get involved and help the association. We have not yet had much need for volunteer services, but there are other ways that we need everyone to contribute. Here are some of the ways:

- ◆ **Renew your membership and encourage your peers to join**
- ◆ **Attend ILAaom sponsored events**
 - ◆ *Get your CEU's locally and from top quality teachers*
 - ◆ *The proceeds go to the organization that fights for your rights*
 - ◆ *Call friends and peers and encourage them to attend*
- ◆ **Contribute to our newsletter:**
 - ◆ *Reviews of classes, conventions, research, products & books are welcomed; as are case studies and other topics of interest.*

- ◆ **Buy from our advertisers and let them know you saw their ad in our newsletter.**

◆ *Several offer discounts to ILAaom members*

I think of our state association as being similar to a condo association. In my building, we don't want to cut the grass and vacuum the halls, so we contribute and the association takes care of it. Not many of us want to read legislation, contact lawmakers, testify before governmental panels in Springfield, offer guidance to practitioners and the public, organize CEU events (which is a lot of work, I have learned), publish newsletters, maintain a website, etc. If we all contribute, ILAaom will do that for us. Without your support, we are less than we should be. If you are not a member, don't wait any longer. Remember, it is good Karma to help the association that helps you.

To all our current members, thank you for your continued interest in and commitment to your association. I would especially like to thank my fellow board members: Tricia Miller, Tom Hurlle, Lisa Decatursmith, Melissa Lee Grein, Kelsey Fernandez, and of course, Claudette Baker, for their invaluable help with creating and implementing ideas. We are fortunate to have such dedicated and talented people working on all of our behalves. Let's all work together to protect what we have gained and move our profession forward in 2007.

— Jason Bussell



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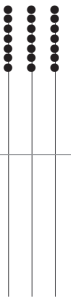
The Extraordinary Vessels & The Treatment of Male Disorders

Check out the back page of newsletter for registration information.

You don't want to miss this event!

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Newsletter Editor: Claudette Baker

Newsletter design & production: Blue Green Rainbow Designs
Julie Winsberg 847.475.6255 jwinsberg@earthlink.net



5315 North Clark Street Suite 611 Chicago, IL 60640-2113 Phone & fax: 312.962.0333
website: www.ilaom.org email: info@ilaom.org

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Review: Gynecology In Chinese Medicine

by Tricia Miller, L. Ac

In the spring of 2006 I was fortunate to secure a place at Giovanni Maciocia's seminar in Seattle. The broad topic of the seminar was Gynecology in Chinese Medicine. This was broken down into bigger than bite size pieces over the course of two days. The following topics were presented:

The Uterus and the "Bao"

Day one started with a review of the concept and function of the uterus an "extra fu." The relationship of the organs to the uterus especially that of the Heart and Kidneys was presented. Giovanni believes that many books and lecturers overemphasize the role of the Liver in gynecology and that as a profession we should downgrade the importance of the Liver in terms of diagnosis and treatment of fertility related conditions and increase the importance of the Heart and Kidney. This was emphasized repeatedly over the course of the seminar. The presentation then moved on to a discussion of the origin of menstrual blood or the *Tian Gui*, and then to the four phases of the menstrual cycle.

The Four Phases of the Menstrual Cycle

For those practitioners that receive the "Herbal Crossroads" newsletter from K'an this was the subject of the September 2004 edition so many of you will be familiar with this concept. Although several other lecturing practitioners teach this concept there are slight variations.

Giovanni did preface this section by stating that when treating women using birth control pill you cannot use the four phase thinking, unless they have a history of regular periods with no pain.

The discussion of each of the phases included its correlation to the Western menstrual cycle; the relationship and transformation of Yin and Yang; the role of the

organs; normal and diagnostic markers; possible acupuncture point prescriptions and herbal treatment principles. The use of both traditional formulas and Giovanni's *Three Treasures and Women's Treasure* lines were reviewed.

The Eight Extraordinary Vessels

This accounted for a large part of the weekend. Traditional conceptual theories of the vessels were presented then each vessel was explored in turn. This included the historical role and uses of each vessel; vessel pathways; pulse presentations; clinical significance in gynecology; current indications for use; and point combinations.

Additionally, Giovanni presented theories that he has developed based on his clinical findings. The seminar I attended was



held shortly before Giovanni's book "The Channels of Acupuncture: Clinical Use of the Secondary Channels and 8 Extraordinary Vessels" was published. It was apparent that the subject matter had been studied in great detail and that he is partial to this subject. If you have seen the book I think you will agree with me when I say that he has much to teach and we have much to learn about the Extraordinary Vessels.

PCOS and Endometriosis

Polycystic Ovary Syndrome and endometriosis are Western diagnoses that are frequently seen by practitioners working with the female population, particularly those practitioners specializing in fertility. The Western criteria used to make these diagnoses were reviewed and possible pattern presentations and combinations were discussed. The treatment of these patterns and the importance of treating them in conjunction with the phases of the men-

strual cycle was emphasized.

Blood Stasis

Because Blood and the cyclic building/collection and flow of Blood is a key element of menstruation a section was spent reviewing the etiology, pathology, and consequences of Blood stasis. Again acupuncture and herbal treatments were presented.

Common Menstrual Disorders

This covered the etiology and pathology of patterns that can give rise to painful periods (not due to endometriosis) and other interruptions of a regular menstrual cycle.

Infertility

As you can see from the subjects outlined, the majority of the seminar dealt with the topic of infertility both directly and indirectly. When reviewing acupuncture points and point combinations Giovanni introduced a few extra points for infertility that myself and many others in the class were not familiar with. He also discussed the use of moxa and the Extraordinary Vessels.

Menopause

We know that menopause is not a disease but is a naturally progressing decline in Kidney Jing. However there is a tendency to associate menopause with a deficiency of Kidney Yin with or without varying degrees of deficiency Heat. In his presentation Giovanni discussed the patterns of Kidney Jing deficiency but distinguished between the patient that presents with more symptoms of Kidney Yang deficiency with only one or two Yin deficiency symptoms compared with the patient that presents with many Yin deficiency signs and only one or two Yang deficiency signs.

In addition, patterns of Liver and Kidney Yin deficiency with Liver Yang Rising, Kidneys and Heart not harmonized, accumulation of Phlegm and stagnation of Qi, and stasis of Blood were discussed. Acupuncture point prescriptions and the appropriate choice of formulas both traditional (with modifications) and suggestions from the *Three Treasures and Women's Treasure* lines were given.

Continued on page 12

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Review: *The Channels of Acupuncture* by Giovanni Maciocia

by Tom Hurre, L. Ac

As a student of acupuncture in 1996, *Chinese Acupuncture and Moxibustion* (CAM) from the Foreign Languages Press in Beijing was the primary text given. After some months of using this book, I found Maciocia's *The Foundations of Chinese Medicine* and was thrilled at its clarity. It was so much easier to read and review the material. *The Channels of Acupuncture* has this superior clarity and accessibility. Maciocia's high stature as a scholar, teacher, and practitioner of TCM is convincingly displayed.

The subtitle of the book is "Clinical Use of the Secondary Channels and Eight Extraordinary Vessels." This topic comprises about two thirds of the 685 pages. Parts 2 – 6 discuss all categories of all the secondary channels (150 pages). Part seven covers the Eight Extraordinary vessels (280 pages).

The first third of the book (215 pages) is a discussion of the system of the 12 main channels. (CAM spends about 50 pages on this material. Maciocia's "Foundations" [1989] a little less.) The book is designed for use as a text, so a lot of this material is review for practitioners. I found the presentation pedantic and repetitious in some sections. I was happy to see a chapter on channel diagnosis, but did not find that the information was tied to clinical practice; nor was there mention of using channel palpation in the case histories. The channel symptom chapter is a welcome review. In the treatment chapter, there are nice tables giving local and distal points according to target area. Discussions of Origin and Concentration of channels, Root and Branch and Pathways of Qi exemplify the thoroughness of the text. The chapter on the five transporting points does a good job of comparing the descriptions from assorted classical sources. The combination of points according to channel polarity, left and right sides is clinically useful. A generous section of case histories concludes the section on main channels.

All the secondary channels are covered:



Connecting, Muscle, Divergent, and the Cutaneous Regions. A consistent format is followed: morphology and pathways, physiology, etiology, pathology, and treatment. The anatomical illustrations and lists of muscles traversed by the Muscle Channels are excellent. Maciocia introduces his concept of "resonating points" when discussing treatment of Muscle Channels. To treat musculoskeletal issues in yang areas (primarily head and neck) he suggests stimulating adjacent points of other yang channels to encourage horizontal movement of qi. Discussing use of Divergent Channels, Maciocia includes helpful treatment examples.

Maciocia's explanation of the Extraordinary Vessels (EV) functions generally proceeds out of classical quotations. To these he adds hypotheses and experience of his own, for example about their relationship to the sexual organs and utility in gynecology and treatment of the male genital system. He makes useful comparisons, for example between the Directing (Ren Mai) and Penetrating (Chong Mai) Vessels. This comparison is illustrated by describing two different asthma presentations, the deficient one treated with the Directing Vessel, the excess one treated with the Penetrating Vessel.

The chapter on "Clinical Use of the

Extraordinary Vessels" is helpful, with a good section on EV pulses. There is brief mention of abdominal signs for EV diagnosis, but this is not elaborated as it is in multiple Japanese sources, nor do the case histories suggest that Maciocia regularly uses abdominal signs. A great many ideas for clinical use of the Extraordinary Vessels are given, but the concept of combining opening and coupled points in a polarity treatment is absent.

In each section of the book the points related to the Channel are discussed individually. The comments on points are always interesting, but much of these sections are unchanged from the point descriptions given in Maciocia's *The Foundations of Chinese Medicine*. The final section of the book is "The Integration of the Muscle and Connecting Channels in Practice." This is a 35-page discussion of treating Painful Obstruction (Bi) Syndrome. The text borrows liberally from the chapter on this topic in the author's *The Practice of Chinese Medicine* (1994).

Copious quotation from the acupuncture classics is a great strength of the book. The reader is led from the classic texts, through discussion and interpretation of the texts, to clinical application of the material. Maciocia is clear when presenting his personal opinion or practice, and supports his thoughts effectively.

As didactic resource and a reference work for any practitioner's library, the text is admirable. Clarity of organization and layout, abundant illustrations and charts, text boxes set off by use of color, and summary boxes make the book easy to navigate. The index could be better; it does not include entries for many conditions whose treatment is described in the text. Much of this material is available in the author's other books, and within this book there is a fair amount of repetition. Taken as a whole, however, this may be the most comprehensive text available in English on its topic.

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Herb-Drug Interactions

By Mavis A. Bates, L. Ac

Introduction

I recently had the opportunity to hear John Chen speak at this year's Pacific Symposium in San Diego. John Chen holds doctoral degrees in both Oriental Medicine and western Pharmacology, which gives him the ability to speak about the integration of Chinese herbs with western medications at a very high level of expertise. He is also one of the authors of *Chinese Medical Herbology and Pharmacology*. Dr. Chen spoke on the topic of Herb-Drug Interactions.



Herb-Drug interactions is a very important subject for anyone who is practicing Oriental Medicine with the use of Chinese herbs. Most of our patients are taking one or more, and sometimes several, western medications. Very often these patients have symptoms that could benefit greatly from our herbal formulas. But just as often they are hesitant to take Chinese herbs for fear of somehow disturbing the status quo they have established with their meds. We may have misgivings about suggesting herbs for these patients, since we may have our own fears that something could go awry. So it is definitely in the interests of our patients, as well as our own best interests, for us to understand this topic very well. It is also a shame for us to not give our patients the benefits of our wonderful herbal pharmacopoeia because of a lack of knowledge or understanding of herb-drug interactions.

Herb-Drug interactions can be explained as a very logical set of circumstances. The logic of herb-drug interactions is not extremely complicated, but on a case-by-case basis it is still not a simple thing. Ideally, every medication should be cross-referenced with every herb that is in a formula.

When we talk about herb-drug interactions, we are really talking about whether or not the presence of a Chinese herb in our patient's system will alter the bioavailability of the patient's prescription drugs, or conversely, whether the presence of the drug will alter the action of the herbs. Will the herb change the clinical effectiveness of the drug? This change could be an increase or a decrease in bioavailability. Either way, there may be a worsening of symptoms or unwanted side effects.

There are two major areas of herb-drug interaction. The first is the group of pharmacokinetic interactions. This refers to the type of interactions that are either mechanical or chemical in nature. They include absorption, distribution, metabolism, and elimination. The second group is called pharmacodynamic, and have to do more with the synergy or antagonism of the actions of the herb and drug.

Pharmacokinetics

Absorption

This refers to the ability of the drug to get into the body, to be absorbed, usually from the intestines, into the blood stream. Some

drugs or herbs can bind to each other in the intestinal tract, causing a molecule that is too large to be absorbed through the intestinal wall. Some drugs or herbs, such as antacids, may change the pH of the stomach, which may prevent the dissolving of other drugs or herbs in the digestive tract, leading to poor absorption. Poor absorption is one of the reasons that we often tell our patients to take their herbs and medications two hours apart from each other. This gives the gastric juices some time to normalize before taking their herbs.

Laxative or anti-diarrhea herbs or drugs can also affect the absorption of other substances. When the rate of passage through the intestines is speeded up, as with a laxative substance, the time for absorption of other substances is shortened, and absorption is lessened. On the other hand, any herb or meds that have an anti-diarrhea effect will slow down the transit time, allowing more time for absorption, and increasing the bioavailability of other drugs or herbs. So the dosage may need to be increased or decreased to adjust for this change in absorption.

Distribution

Distribution refers to the drug's ability to get to the target tissue in the body. Although it is fairly rare for an herb to interfere with the distribution of a drug, the exception is the group of drugs which have a narrow range-of-safety index and which are highly protein bound. There are two fairly common prescription drugs in this group: Coumadin and Dilantin. Both of these drugs have a narrow range-of-safety index, which means that there is a very small window in which they are effective and safe. Below that window, their effect is lost. Above that window, they can have unwanted effects. Many of our patients are taking these drugs, and there is very little research to tell us which herbs may interact badly with either of these drugs. We need to use caution in using herbs with these drugs.

Metabolism

Metabolism has to do mainly with how quickly or how slowly the liver breaks down a drug or herb. If the liver is working quickly, the drug or herb will be broken down quickly, and less of that substance will be bioavailable. If the liver is working slowly, the breakdown will be slower, and more of the substance will be allowed to work. So, in the presence of liver metabolism altering drugs, we have to either increase or decrease the amount of herbs prescribed.

Elimination

The liver metabolizes drugs, but the kidneys are responsible for elimination. If there is any reason to suspect kidney damage, especially due to the use of certain drugs, it may be necessary to reduce the herbal dose to prevent unwanted effects.

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Herb-Drug Interactions *continued from pg 7*

Pharmacodynamics

Pharmacodynamics refers to understanding how herbs or drugs function once they are inside the body and how the bioavailability of a drug or herb is altered by the action of the other. If the actions of the two substances are synergistic, they may be additive. If the actions are antagonistic, there may be a lessening of the desired effect. The research on these effects is still very minimal, and they are difficult to predict. They often require close monitoring of the patient for any unexpected signs or symptoms.

A primary and very important example of a pharmacodynamic interaction is the combination of warfarin (Coumadin) or some other anti-coagulant drug, with a Blood-stasis-removing or Blood-activating herb such as dan shen or dang gui. This herb-drug combination could result in excessive bleeding, a dangerous outcome for the patient. In this case, the practitioner should use caution, and consider using a low dose of these herbs with careful monitoring of the patient. On the other hand, stop-bleeding herbs with a pro-coagulant action could nullify the action of the Coumadin, risking the creation of blood clots.

There are four groups of herbs and drugs that have the highest risk for pharmacodynamic interaction. They are:

- **Sympathomimetic.** These include herbs such as *ma huang*, which interfere with anti-hypertensive and anti-seizure drugs.
- **Anticoagulant/anti-platelet.** These herbs can interact with drugs such as warfarin, as described above.
- **Diuretic.** These herbs include such common herbs as fu



ling. When taken with diuretic drugs they may cause unexpected changes in blood pressure, even causing hypotension in patients taking diuretic drugs for hypertension.

- **Anti-diabetic.** These include herbs such as *zhi mu* and *shi gao*, or *shan yao* & *huang qi* combinations, which could cause hypoglycemia when used with anti-diabetic drugs.

Conclusion

In his presentation, Dr. Chen provided the rudimentary tools that we need to begin to understand how herbs and drugs can be used together safely. It is not a cut and dried story, however, because much of the necessary research still needs to be done.

Drug-herb interactions is an important topic because we want to help our patients as much as we possibly can. They come to us with a long list of their medications, and yet we can plainly see that they could greatly benefit from our wonderful herbal medicines. Clearly, we want to help without hurting. To give herbs to patients on prescription medications requires some extra care and thought. To assume there will be no interactions is not doing our full duty. But to neglect to give our patients the full benefit of our herbal pharmacopoeia is also not doing our full duty. With some extra care and attention, we can give our patients the best of both worlds, safeguarding the effects of their prescription medications, while offering the rich world of our own Chinese Medicine.

For more information on drug-herb interactions, visit a web site called www.naturaldatabase.com which gives the interactions of most common Chinese herbs with many commonly used medications. This is a fee-based website and you can try it out for a month for about \$10.

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Fuku Shin – Abdominal Diagnosis in Kanpo Medicine

by Thomas Hurrle, L.Ac

In early November I attended a 2-day seminar on diagnosis through abdominal palpation and treatment using primarily formulas from the *Shang Han Lun*. It was sponsored by Honso USA and the Ohio Association of Acupuncture and Oriental Medicine. The instructor was Nigel Dawes, M.A., L.Ac. Kanpo is the style of Oriental Herbal Medicine widely practiced in Japan, mostly by medical doctors (in Japan, the acupuncture license does not include practice of herbal medicine). 220 Kanpo formulas are recognized by the Japanese government and covered by national health insurance.

Kanpo medicine is rooted in the *Shang Han Lun*. It is a clinical approach to herbal medicine in which diagnostic expertise is critical and abdominal palpation is central. Kanpo uses the four examinations, but the abdominal conformation is usually the key to determining what formula to give. Concepts of Qi, Blood and Fluids are used instead of Eight Principles. Nigel presented a “kata”, that is a set series of movements used to examine the abdomen. Using the same sequence of movements each time makes it easier to focus on what you are feeling. The 13 abdominal conformations taught were those of Dr. Otsuka Keisetsu, a seminal figure who practiced Kanpo for nearly 50 years.

The signs derived from pulse and abdominal palpation form a *Sho*. *Sho* literally means to “tell it like it is.” It loosely parallels the TCM concept of pattern, but *Sho* incorporates both diagnosis and treatment strategy. The four exams can be said to form a picture that corresponds with an herbal formula or a group of similar formulas. The focus is on accurate diagnosis; the formula that matches the *Sho* is given without any further theorization about the pathological process or treatment strategy. A patient can be described as presenting with a *Ba Wei Di Huang Wan Sho*. This concept is also used in Japanese palpatory acupuncture (aka Japanese Meridian Therapy, Traditional Japanese Acupuncture); it is said “diagnosis is treatment, treatment is diagnosis.”

Kanpo has a focus on Center Qi (*Zhong Qi*). The formulas used tend to have relatively few ingredients and the daily gram dosage is half or less than modern Chinese formulas. Because ingredient numbers are low, relative amounts of each herb per dose are high, giving a narrow but powerful therapeutic effect. Some result is expected in 5-7 days, so the patient is usually reevaluated then and the prescription may be changed.

Nigel Dawes practices in New York City, where he offers a 1-year post-graduate Kanpo internship program. In 1985 he graduated from acupuncture school in Tokyo; he did post-graduate work in Kanpo there, as well as further clinical studies in Beijing. He and Gretchen De Soriano have completed a translation of Dr. Keisetsu's

text *Kampo: A Guide to Clinical Theory and Practice* (tentative title) to be published by Elsevier in fall 2007. This is a standard modern classic in Japan - used in Medical school Kanpo curricula.

The structure of the seminar was like that of seminars in Japanese acupuncture I have attended, with a fairly even division between lecture in the morning and hands-on practice in the afternoon. Nigel has done a lot of teaching and he is good at it. His lecture was clear and well organized; the handouts excellent. All attendees had time to practice abdominal palpation under supervision. Nigel then did a detailed work-up on a couple of students, demonstrating clinical interpretation of palpatory information.

The group at the seminar was relatively small, so this was good for practical work. The lecture on the first day focused on the 13 basic abdominal signs and their associated formulas one by one. On the second day, Nigel drew more complex abdominal charts on the board, showing common combinations of signs, offering possible accompanying symptoms and constitutional types, interpreting them and suggesting applicable formulas.

On the second afternoon we were fortunate to have 3 patients of a local practitioner come in. One had an eight year history of chronic fatigue and fibromyalgia with prior workplace exposure to toxic chemicals. She reported food allergies, ulcers, uterine fibroids, poor sleep with nightmares, hypothyroid, etc. Her whole abdomen was tender to touch, suggesting inflammation. Her pulse was fine and deep, tongue was swollen with a slight tremble and distended veins sublingual. Abdominal signs were a splash sound near the fundus of the stomach, aortic pulsation felt on light palpation around CV 12, and lower abdomen flaccid around CV4-CV 7 (these are 3 of the 13 patterns taught). Nigel's suggestion was to pick one direction to start, beginning by warming cold and treating damp obstruction using *Fu Zi Li Zhong Wan*. Observing the diagnostic process was most interesting.

The quality of this seminar was first-rate. The information was clinically useful for any practitioner. It will be offered again and I recommend it; the HonsoUSA web site has information.

Classifieds

Japanese Acupuncture Study Group: I am interested in forming a study group dedicated to Japanese palpatory acupuncture and possibly Kanpo medicine. This would be open to active practitioners with some training in the field. The purpose is to practice, discuss cases and learn. Please email Tom Hurrle: tom@vitaldirections.com



IAF Update *by Claudette Baker, L.Ac*

The November veto legislative session met November 14 - 6 and November 28 - 30, 2006. While the General Assembly concentrated the majority of their time on the electric rate freeze extension and raising the minimum wage, the veto session did provide some insights and a glimpse of what may be ahead of us in the spring.

During the two weeks of veto session, the renewal for the Medical Practice License Act was passed by the General Assembly. When reviewing the legislation and talking to officials within the Department of Financial and Professional Regulation ("DFPR"), as well as representatives from the Illinois Medical Society, it is apparent that DFPR is making two general changes to all licensure acts: (i) allowing DFPR to conduct more extensive background checks on visiting professionals from other states, and (ii) adding measures that allow DFPR to have subpoena powers when investigating potential cases of fraud against a practitioner.

On Monday, December 18, DFPR presented its initial draft of the re-write to legislation during a meeting of the Illinois Board of Acupuncture. During the meeting which we attended, many of the changes proposed by the DFPR were in the best interests of the acupuncture community, including adding language to the term 'acupuncture' that is completely consistent throughout the Act, as recommended by Jason Bussell, President of ILAaom. Although the

extension legislation is scheduled to be introduced in the 2007 spring session, there is a possibility we can persuade DFPR to present the legislation during the early months of the new General Assembly.

In our discussions with representatives from the Illinois Medical Society, they have stated that they will no longer be as hostile to proposals from the acupuncture community, provided the proposals do not drastically change the scope of practice in terms of acupuncture professionals.

However, the term "scope of practice" means something different to ILAaom than it does to ISMS. The use of herbs is a legal treatment that is practiced by acupuncturists nationwide, yet the ISMS still may not view herbs in that regard. In every proposal that the ILAaom seeks to pursue this spring, it will remain of utmost importance that we work to strengthen our practice, continue to reach out to our allies, and always keep our eyes and ears open to make sure our ability to practice within this state is not weakened in any way.

With only three working days remaining for this current General Assembly, it will be incumbent upon all of us to be prepared and ready for the challenges of the new General Assembly landscape that awaits us this spring.



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Will the Herbal Mnemonics Ever Stop?

by Jason Bussell, L. Ac.

For those of you who are unaware, I am trying to compile and write a book of mnemonics to help people study for the NCCAOM herb board. The single-herb mnemonics can be based on the Latin or pinion names, but common English names are less useful since they don't use English on the test. Formulas are presented with pinion and English names, so either can be useful. Please send me any mnemonics that you know and I will credit all contributors when and if the book ever gets published. Please send them to Jason@acfom.com. Here are some more.

Jing Jie – *Herba seu Flos Schizonepetae*

Schizonepetae = schizophrenic. Imagine a schizophrenic sitting on the couch with the windows open. He has a rash.
Herba Schizonepetae dispels wind and helps measles and urticaria

The Gypsies put out the fire. Gypsum = Gypsies

Shi Gao (*Gypsum*) clears heat from the lung & stomach, and clears heart-fire. Topical use for burns and sores.

When your little angels hit puberty, they have growing pains.

Du Huo – *Angelica Pubescens Radix*: (*pubescent angels*) Du Huo enters the kidney and treats pain; chronic or acute. Especially good for wind-cold-damp bi in the legs and lower back. It also releases exterior and can treat toothaches.

Xu Duan (you da one) who saved my baby.

Xu Duan (*Radix Dipsaci*) calms the fetus, prevents habitual miscarriage and stops uterine bleeding. It also tonifies kidney and liver, moves the blood, strengthens tendons and bones, and reduces abscesses and sores.

You can't go wrong with Du Zhong.

Du Zhong (*Eucommia Bark*) tonifies Kidney Yang, strengthens tendons and bones.

It was Shi Hu (she who) helped my thirst and deficiency heat

Shi Hu (*Dendrobi Herba*) nourishes yin, clears heat and generates fluids. It also tonifies kidney, liver, essence and improves vision.

I Sang Ye a song now that I'm not coughing anymore.

Sang Ye (*folium mori albae*) expels wind-heat, disperses lung qi and relieves cough. It also drains liver fire to benefit the eyes, cools blood, stops bleeding, and relieves night-sweats.

These two are separate but very similar.

- *I get drunk, but if I drink this, I'm ready to Ge Gen (go again)*
- *When you have diarrhea, you go, then you have to Ge Gen (go again)*

Ge Gen (*Radix Puerariae*) relieves alcohol intoxication, and relieves diarrhea. It also relieves wind heat from the exterior, generates fluids, and erupts measles.

(Dr. Cai is the dean of the school I attended.) When I had malaria, it was Chai Hu (Cai who) helped my shao yang disorder and stopped my diarrhea.

Chai Hu (*Radix Bupleurum*) relieves Shao yang stage disorders and malaria; it lifts the yang qi and relieves diarrhea; and it disperses liver qi.

Fang Feng Tong Sheng Tang - *Ledebouriella powder that sagely unblock.* It unblocks the colon. Treats internal and external excess heat that can manifest as constipation, fever, sore throat, dizziness, thick nasal congestion, mania, etc.

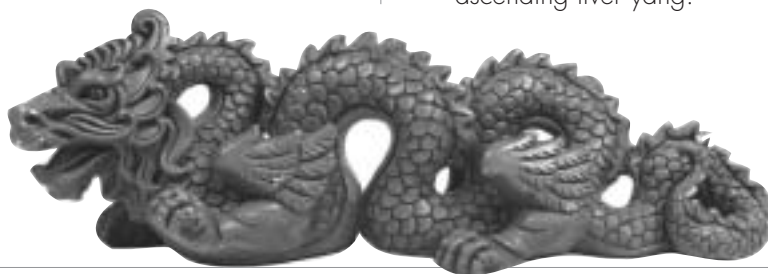
These two were submitted by Tom Hurlle, as he learned them from John Pirog:

Huang Bai = Huang Bo = Down low. *Treats damp heat down low (lower jiao)*

Huang Qin *treats heat closer to the chin (upper jiao)* – I always thought of the kidneys as being suspended or “hung” in the back. So **Huang Bai** is hung by the kidneys. (*because it treats lower jiao and kidneys*)

To be sure, **Huang Bai**, (*cortex phellodendri*) clears damp-heat from lower jiao, eliminates Kidney deficiency fire, and drains toxicity.

Huang Qin (*Radix Scutellariae Baicalensis*) drains fire toxins from upper jiao, stops bleeding, calms the fetus (*scutellariae* if the fetus has the scoots) and lowers ascending liver yang. (*thank you Tom & John*)



Review: Gynecology in Chinese Medicine

continued from page 3

As I looked back through the many pages of notes from the seminar to write this review I realized just how many gems of information were given and how I have incorporated them into my practice. It is impossible to do the seminar justice in a short review. To be honest this whole newsletter could be a short review of the class. Exploration and discussion of theory is a love of mine and it was very mentally stimulating to hear Giovanni present classical theories and deviations of these based on his extensive clinical practice. He was only too happy to answer questions, which expanded the depth of the seminar. From the moment the class started until the end of class on day two there was rarely a pause for breath. Giovanni is a true master of Chinese medicine and a superb and willing

teacher. The class was full, attended by approximately 200 practitioners from across the country. Everyone thoroughly enjoyed it and agreed that it had enhanced their understanding of gynecology and without question would benefit their patients.

The Ilaaom is very proud to host Giovanni Maciocia on February 17-18, 2007. He will be presenting the Treatment of Male Disorders and The Eight Extraordinary Vessels. For more information and to register for the seminar please see the ad in this issue or go to www.ilaaom.org.

I wholeheartedly suggest that you take advantage of being able to hear Giovanni present in person. Block your schedule and reserve now as space is limited.



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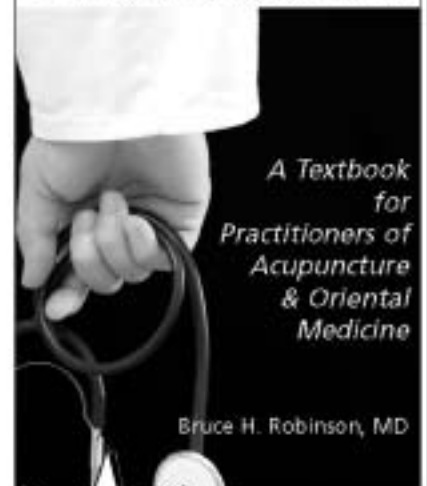
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Review: Acupuncture & ART Seminar Given by Jeanie Lee Bussell

by Kelsey Fernandez, Dipl. OM, L.Ac.

Jeanie Lee Bussell, Dipl. OM, L.Ac., taught an acupuncture seminar on ART (Assisted Reproductive Therapies) this past October at the Pacific College of Oriental Medicine. Jeanie is an expert in this field. Not only is she a practitioner of Oriental medicine but she is also the acupuncture director of the Chicago-based fertility clinic "Pulling Down the Moon" – an integrated care for fertility center, affiliated with Fertility Centers of Illinois and many other fertility centers.

As the rate of infertility is rising, many couples are turning to ART with the hope and anticipation of having a baby. This is a very stressful and expensive endeavor, which is why learning effective ways to enhance these therapies with acupuncture is so important. The goal of the seminar was to educate Acupuncture practitioners about the western medical therapies currently being used for infertility and how acupuncture can assist these therapies for increased success.

This information is vital for understanding how to treat effectively as well as for understanding the process and progression of the various ART therapies. Armed with the knowledge of effective acupuncture points, point prescriptions and treatment strategies, practitioners are able to increase the success rate of most ART therapies; which is

invaluable to anyone trying to conceive.

Jeanie presented the well-attended class with extensive, useful notes and diagrams to help explain how many of the most common ART therapies work. Included was a review of the reproductive system of both the male and female, the female menstrual cycle, Intra-uterine insemination (IUI), In-vitro Fertilization (IVF), acupuncture treatment protocols and point prescriptions for specific conditions.

Because of her extensive experience in the hospital environment as a nuclear medical technologist, and her expertise in acupuncture and infertility, Jeanie was able to synthesize and impart valuable information to the group. As a practitioner who is out there in the field absorbed in the environment of fertility and oriental medicine, she was able to speak from her own personal experiences of what works, what doesn't, and everything in between. Not only did she offer information on acupuncture, but also dietary, herbal and lifestyle recommendations specifically for infertility. She ended the seminar with an open discussion and Q & As.

This was an essential seminar for any practitioner interested in working with infertility patients. The use of acupuncture and ART is proving itself to be extremely effective and at the same time easily accepted by most couples dealing with infertility. With the proper knowledge and training in the western medical and eastern medical systems of reproductive therapies, couples may at last be able to achieve their dream of having a baby.



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Happy 2007 Year of the Pig



**Remember to renew your
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See page 17 for membership form.

Illinois Acupuncture License Renewal Time

All Illinois Acupuncture Licenses will expire on June 30, 2007. Don't wait until the last minute to attend CEU classes to comply with the law. You must have completed 30 acupuncture CEUs between July 1, 2005 & June 30, 2007, and must be able to document this for the state in the event of an audit.

Not complying can have serious consequences on your ability to maintain a valid license.

CEUs in the Midwest

Sign up now for Giovanni Maciocia on February 17 & 18 or Matt Callison on June 16 & 17.

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Hold the Date: Matt Callison Class in Chicago June 16 & 17!

The Ilaaom has been very fortunate to sponsor a CEU class by Matt Callison every year for the past 3 years and he never disappoints. Matt Callison, L.Ac has a BS in sports medicine and began his career as an athletic trainer. In 1991, he received his Masters Degree in TOM at Pacific College of Oriental Medicine in San Diego, where he is currently a faculty member. Currently he is the supervisor at the U of C San Diego Sports Medicine RIMAC center.

Typically Matt's lectures focus on the evaluation and treatment of a quadrant of the body but during his most recent visit to Chicago in April 2006 he changed gears and lectured for 2 days on the subject of

Huatuojiaji points: Vertebral Fixations and Facilitated Segments. Matt's classes are always well structured with equal emphasis placed on the didactic and practical components of the class. He is a superb teacher and loves to share his clinical expertise and treatment protocols. His ability to blend Chinese Medicine with Sports Medicine has granted him an excellent reputation and we look forward to his return this summer on June 16 & 17.



Please visit our website at
www.ilaaom.org for more information
on this and other events.

Practitioner's Bulletin Board:

Ilaaom has recently added a new service to the website. It is a practitioner's posting board. If you are looking for help, ideas, products, someone to share transportation with, or anything else acupuncture-related, you can e-mail us at info@ilaaom.org and we may post it for you.

Please check in at ilaaom.org/bulletin.html to see what others have posted.

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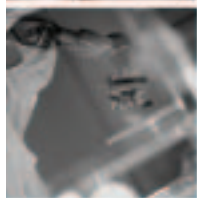
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Brief Descriptions of Membership Classes in the Illinois Association of Acupuncture and Oriental Medicine

Association memberships are annual and expire in December, please renew your dues by January.

PROFESSIONAL A Professional member must be an acupuncturist licensed to practice Acupuncture in the State of Illinois under the Acupuncture Practice Act. Professional Members possess full rights and privileges as voting members of the association. The annual dues for this category are \$200.

FIRST OR 2nd YEAR PROFESSIONAL A first or 2nd Year Professional Member shall meet the same qualifications and possess full rights and privileges as a Professional Member except the dues are one half the amount of dues paid by a Professional Member, \$100. This category is the same as Professional Member. If the Illinois license is issued on or after July 1st, it will be assumed that the 2-year period will begin the January after the issuance of the license.

OUT-OF-STATE PROFESSIONAL An Out-of-State Professional Member must be a licensed or NCCAOM Board-Certified acupuncturist, but not licensed to practice in Illinois. An Out-of-State Professional Member may not hold office, may not vote, may not serve as a committee chair, but may serve on committees. An Out-of-State Professional Member possesses reduced rights and privileges as may be specified by the Board of Directors. Dues for this membership are one half the amount of dues paid by a Professional Member, \$100.

STUDENT A Student Member is actively studying acupuncture in an ACAOM-accredited school or apprenticing with an acupuncturist with at least ten years of experience. A Student Member possesses the right to attend all general meetings and serve on committees. Student members possess rights and privileges as non-voting members. The annual dues for this category are \$50.

ALLIED HEALTH PROFESSIONAL An Allied Health Professional is a health care practitioner who supports the goals and ideals of the Ilaaom. An Allied Health Professional will receive any newsletters, announcements, and information published by the Association and possesses non-voting membership privileges for such services provided by the Association to its membership. A member may serve on committees, but may not serve as a Director or committee chairperson. The annual dues for this category are currently \$100.

FRIEND OF ACUPUNCTURE A Friend of Acupuncture is an individual who is not actively engaged in the study or practice of acupuncture, but who supports the aims of this Association. Any person or organization wishing to support the Association may subscribe to membership and will receive any newsletters, announcements, and information published by the Association; and possesses non-voting membership privileges for such services provided by the Association to its membership. A Friend of Acupuncture may serve on committees, but may not serve as a Director or committee chairperson. The annual dues for this category are \$50.

PATRON OF ACUPUNCTURE A Patron of Acupuncture is an individual who is not actively engaged in the study or practice of acupuncture, but who supports the aims of this Association and makes a substantial contribution to advance the goals of the Ilaaom. Any person or organization wishing to support the Association may subscribe to membership and will receive any newsletters, announcements, and information published by the Association; and possesses non-voting membership privileges for such services provided by the Association to its membership. Patrons of Acupuncture may serve on committees, but may not serve as a director or committee chairperson. The annual dues for this category are currently \$500.

Please refer to the membership application for a summary of privileges (mailings, referrals, voting, etc.)

Notice: Dues may not be tax deductible depending on lobbying activities. Ilaaom will notify members of deductibility status at year's end.

2007 ILaaom Membership Application

Name _____ Male Female

Certification(s) or Degree(s) _____

NCCAOM Acu. Cert. # _____ Exp. _____

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Please circle the referral region you practice in: City of Chicago Suburbs North Northwest South Southwest West

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<input type="checkbox"/> Out-Of-State Professional	\$100	N	Most	Y
<input type="checkbox"/> Student	\$ 50	N	All	N
School name _____			Expected Graduation _____	
<input type="checkbox"/> Friend	\$ 50	N	Most*	NA
<input type="checkbox"/> Patron	\$ 500	N	Most*	NA

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5555 North River Road Conference Room 27 in Rosemont, IL (near O'Hare Airport)

Approval for 16 NCCAOM & State of IL CEU's pending

Saturday, February 17 | 9 am - 6 pm | **The 8 Extraordinary Vessels**

The 8 Extraordinary Vessels are an important and essential component of the channel system in acupuncture. Many believe that no acupuncturist can treat without a knowledge of the extraordinary vessels. They provide a deeper level of treatment for complex conditions and are the link between the Pre-Natal and Post-Natal Qi. Far from being "secondary" vessels as they are sometimes called, they in fact determine the development of the main channels from the moment of conception.

The Extraordinary Vessels are very effective for a wide variety of physical and mental disorders and often provide a breakthrough in the treatment of chronic and complicated conditions. The treatment of gynecological conditions would be impossible without an understanding of the extraordinary vessels.

The speaker has made a special study of the Extraordinary Vessels

over 32 years of practice and will present his experiences and special point combinations. The seminar will provide a discussion of the morphology of the 8 Extraordinary Vessels which will be followed by a detailed look at the clinical use of each vessel. Based on the lecturer's experience, many examples will be given of extraordinary vessel pathology and treatment in a wide variety of conditions.

This one-day seminar will discuss the following in detail:

- Pathways
- Pathology
- Physiology
- Diagnostic symptoms & signs including pulses
- Use of the extraordinary vessels opening points according to ling gui ba fa, i.e. the use of the points according to the time of year and day
- Treatment & point combinations
- Herbal treatment of the extraordinary vessels
- Case histories

Sunday, February 18 | 8 am - 5 pm | **The Treatment of Male Disorders**

This seminar will present the anatomy and physiology of the male genital system in Chinese Medicine. Particular attention will be devoted to the physiology and pathology of the prostate and the role of the eight extraordinary vessels in male genital physiology and pathology. Based on the lecturer's experience, many examples will be given of extraordinary vessel pathology and treatment.

This one-day seminar will discuss the following in detail:

- Physiology and pathology of the prostate in Chinese medicine
- Role of the Eight Extraordinary Vessels in male genital physiology and pathology
- Treatment of erectile dysfunction
- Treatment of prostatic hyperplasia
- Treatment of premature ejaculation
- Treatment of prostatitis
- Treatment of impotence

Maciocia in the Midwest | Registration Form | February 17 & 18

For both days:	By Jan. 15	After Jan. 15	Name	Date
ILaaom Member	\$300	\$325	_____	
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Please choose which day: <input type="checkbox"/> Saturday <input type="checkbox"/> Sunday			Amount enclosed or charged:	CC#
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<input type="checkbox"/> Registration by fax: Please fax form to 312.962.0333 (\$5 fee for credit card processing)			Refund Policy: Full refunds will be issued with two weeks notice, 50% will be issued with one week notice. Refunds will not be issued 6 days prior to the event. Refunds will not be issued for late arrivals or inclement weather. All refunds are subject to a \$20 processing fee.	

Early Registration must be received before January 15, 2007

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In his only Midwest Seminar
in Chicago, IL

February 17 | 9 am - 6 pm
Extraordinary Vessels
&

February 18 | 8 am - 5 pm
Treatment of Male Disorders

See page 18 for more information and to register. Early registration must be received before January 15, 2007

Study with A Master

About Giovanni Maciocia:



Originally from Italy, Giovanni Maciocia attained a Masters Degree in Economics at Naples University, Italy in 1968. He then trained at the International College of Oriental Medicine in England, graduating in 1974 as a Bachelor of Acupuncture. In 1976, he also graduated as a medical herbalist with the National Institute of Medical Herbalists, England. In 1980, 1982 and 1987 he attended three post-graduate courses in China on acupuncture and herbal medicine at the Nanjing College of Traditional Chinese Medicine. He learned Chinese in order to be able to read Chinese medical books and regularly contributes to the "Journal of Chinese Medicine" with articles that have been appreciated worldwide. From 1984 to 1986 he studied Chinese herbal medicine with Dr. Ted Kaptchuk and has practiced Chinese herbal medicine since then. From 1988 to 1991 he was codirector of the School of Chinese Herbal Medicine in England.

Giovanni lectures in many countries in Europe and the USA. He is the author of six books which have been adopted as standard textbooks by many colleges all over the world: Tongue Diagnosis in Chinese Medicine (1987), The Foundations of Chinese Medicine (1989, 2005), The Practice of Chinese Medicine (1994), Obstetrics and Gynecology in Chinese Medicine (1997), Diagnosis in Chinese Medicine (2004) and The Channels of Acupuncture: Clinical Use of the Secondary Channels and 8 Extraordinary Vessels (2006).

His lectures are greatly appreciated worldwide as he uniquely combines a thorough knowledge of the theory of Chinese medicine with his 32 years of clinical experience. Giovanni Maciocia was appointed Visiting Professor by the Nanjing University of Traditional Chinese Medicine in China.

I Maciocia in the Midwest I